Natural Rearing Newsletter ©

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FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

Is Organic Food Worth The Price?

The answer to this depends largely on your viewpoint with respect to the safety and nourishment found in non-organic food.

In the United States more and more of our daily food supply is coming from "Genetically Modified Organisms". Major grain crops such as wheat, corn, and soybeans are rapidly switching to GMO production. In the meat industry, experiments on "cloning" cattle and sheep are progressing in the West and there is great enthusiasm that this will be the meat of choice in the future. Let's not forget that the genetically modified grains form the backbone of feed for the meat industry.

Meanwhile in Europe, GMO foods have been banned and the US big boys are desperately trying to bypass the ban through the "Free Trade Agreement". Recently an entire shipment of Fritos brand chips was turned back by Europe for containing GMO corn. The manufacturer didn't intentionally use genetically altered corn but found that the source of the regular corn had been contaminated by "genetic drift" from a nearby farm.

You can't really blame Europe for their caution. For example there is a strain of genetically engineered corn called "Bt corn" manufactured by agriculture giants Novartis AG, Pioneer Hi-Bred International Inc. and Monsanto. This strain was developed to produce its own pesticide to kill the corn-destroying European corn borer. It was approved by the FDA and hit the market in 1996. Last year (1998) it accounted for more than 25% of the 80 million acres of corn planted in the United States. In May of this year, scientists have discovered that Bt corn can kill monarch butterflies. The pollen from the Bt corn can drift onto the milkweed that is used for food by the butterflies. Scientists are now concerned that the engineered corn may be killing other insects and doing unseen damage to the food chain.

In the May/99 issue of "Acres U.S.A." it was pointed out that "Over the past year or two, farmers have observed red mold on Bt corn as a matter of course, red mold being the most toxic among the molds. Such farmers are astounded by the published statement by researchers that 'there is no research literature which supports any link between feeding or grazing Bt corn stalks or grain and abortions in any species'. One farmer is quoted as saying "Do dead cows have abortions? If they eat it and die, how can they abort?"

In the US it's almost impossible to avoid some form of genetically altered foods if you shop at your local grocery store. You would have to avoid tomatoes, potatoes, corn, soy, wheat, canola and yellow squash. So you would also have to avoid corn oil, corn starch, corn meal, baking soda, baking powder, glycose syrup, all made from corn. Also avoid corn syrup and fructose—which are in almost all sweet products, yogurt and aspirin. From soy you would need to avoid soy flour in baked goods, pizza, cookies, cakes, pasta, fillers in meat products, vegetarian meat substitutes, soy milk, infant formula, baby foods, diet and protein shakes, protein bars, chocolate and candy bars, margarine, ice cream, soy oil in salad dressings and snack chips, lecithin and soy lecithin. Of course that also eliminates Coca-Cola (corn syrup/Aspartame), Fritos, Kraft salad dressings etc. And the list goes on.

O.K., so we've eliminated quite a few isles in the store and we move over to the "fresh" produce section. Here we find all the delicious looking veggies and fruits. I don't think I have to elaborate too much on the chemical and pesticide residues that we are bound to find. To ensure that the produce continues to look fresh, the store will repeatedly use a spray of chemical called Whitenall on the produce. Through NAET experience we have found that many people and animals have developed strong allergies to this particular chemical.

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Let's slip over to the meat department. Looks appetizing doesn't it? How about a steak for the weekend? Or maybe we should have a nice roast chicken. It's all USDA approved for human consumption.

Americans still retain the subconscious picture of the "Old West" cattle ranches with thousands of animals roaming the open range. The truth is that the twentieth century has seen the rise of huge "factory farms", which now supply the vast majority of meat sold in this country. Their purpose is not to produce the healthiest, tastiest meat; it is to get animals to the slaughterhouse as quickly and cheaply as possible, using any means necessary.

These means include keeping tens of thousands of animals penned together in impossibly tight quarters and feeding them a totally unnatural diet, liberally doctored with hormones and antibiotics. (Note: Back in 1980, the Journal of the American Medical Association reported that "about half of the antibiotics produced each year in the United States are fed to farm animals".)

When they have reached market weight, healthy and sick animals are indiscriminately shipped to slaughterhouses where meat-processing technology has increased line speeds to several times what they were previously.

In the past we have written about what goes on at the rendering plants for meat going into dog food. Let's take a quick peek at the slaughterhouse procedures where "human grade" meat is processed. Please bear in mind that with the speed of the lines, government inspectors literally have only seconds to inspect each carcass. For example beef passes by at the rate of up to five per minute. Poultry can achieve a rate of up to 30 per minute, giving an inspector two seconds to check the bird.

In late 1995 the Government Accountability Project published a White Paper entitled "Fighting Filth on the Kill Floor: A Matter of Life and Death for America's Families." In it they published conditions in meat processing facilities reported by 75 "whistle blowing" FSIS inspectors during September and October 1995. The full text of the paper, including USDA exhibit references, is available on the internet at: http://www.whistleblower.org/www/filth/htm
Here are a few of the highlights:

- Abscesses and digestive organs are punctured during slaughter, releasing pus, fecal material and ingesta all over carcasses, onto conveyers, workers, and the floor. Up to 25% of slaughtered chickens on the inspection line are covered with feces, bile, and feed.
- Filthy mixtures accumulate on equipment and surfaces such as plant floors, including human and animal excrement, blood, oil, grease, machine parts, glass, plastic, wood chips, rust paint, cement, dust, insecticides, insects and their eggs, maggots, and rodent droppings.
- Facilities carelessly hose down equipment, ceilings, walls or floors, and splash filthy water onto product or contact surfaces. Red meat plants fail to maintain sanitizing water at 180 degrees, and poultry plants fail to maintain chlorine levels to 20 ppm as required. As a result, rather than killing bacteria, the splash water spreads it over a larger area.
- Facilities fail to trim abscesses from meat on its way to consumers and throw them into the lot to be processed. Plant employees also miss hide, hair, ear canals, and teeth in product approved by the facility.
- Diseased (cancerous and tuberculoid) animals condemned during mortem inspection are sent to slaughter in violation of the law.
- Red meat animals and poultry that are dead on arrival or die in the yard while awaiting slaughter are hidden from inspectors doing ante-mortem inspections and hung up to be butchered.
- Rancid, outdated, and contaminated meat is accepted for further processing or packaged for shipment
- Facilities repeatedly fail to respect personal hygiene rules such as adequate bathroom breaks. Consequences include failure to wash hands, urinating in a carcass cooler, urinating on the floor while working on the line, and dropping toilet paper covered with human feces on the bathroom floor.
- Facilities repeatedly fail to send home employees who are sick. As a result, employees sneeze into their hands and wipe them off on passing carcasses, and cough up phlegm onto product or the floor.
- Plants falsify records by switching slaughter and processing dates, when a batch of product has failed a test, substitute a quantity of acceptable product for a retest, omit testing at all and simply create acceptable results for test which were not performed, and fire employees for alerting inspectors about plant violations.

I guess we've all heard about E-coli problems of one kind or another from contaminated meat, but aren't these isolated and few and far between? According to the USDA estimates, contaminated meat and poultry causes 4,000 deaths, 500,000 hospitalizations, and approximately 9,000,000 illnesses annually.

But, not to worry! The FDA, working with the meat industry, has come up with what they think is a wonderful way to protect you from the bacteria you might ingest from eating contaminated meat. Their solution is to use radiation to sterilize the filth. This way (theoretically) even though you may be eating diseased meat, the bacteria that actually cause food poisoning will have been killed. At least most of them.

Under current guidelines, up to 10% of E. coli and salmonella bacteria could still survive, and dangerous microbes like those that cause botulism and hepatitis wouldn't be significantly affected. To kill them all would take such a large dose of radiation that the color, texture, and taste of the meat would make it virtually inedible.

We've already written about the effects of radiation on food so I won't go into it further on it at this time. I do wonder however, about the possibility of mutation of bacteria from radiation and what the future will bring.

Of course, none of this is going to stop further contamination along the way as these tasty tidbits make their way to your favorite meat counter.

So we continue our journey away from the meat department and move over to the frozen foods section. Wow, look at that. All these pre-prepared meals—just what a busy Mom is looking for to shortcut her kitchen time. Do I really have to say more? The raw material is from the same sources as previously mentioned to which has been added a broad variety of "enhancers". (Don't read the labels if you really want to eat this stuff).

By this time I shouldn't really have to talk about what's "In The Bag" along the pet food isles. You should all be aware that only the rejects from the aforementioned sources are in this stuff.

So coming back to the basic question, only you can decide if organic foods are worth the price. If we are what we eat, do you know what you're eating?

I don't know what the next century will bring to the food industry but I genuinely believe that one day the present methods are going to come back to haunt us with all kinds of health problems.

In the meantime I for one, will continue to buy organic foods whenever possible. The price is irrelevant.

AOX/PLX

As I look around our living room and see my Bassets flaked out on the dog beds, snoozing on the couch, snoring while draped over the reclining chair, it's hard to realize that they are subject to stress and free radical damage.

Unless you've been living in total isolation, by now you have all heard or read about free radicals and the cell damage they can cause. I'm not going to elaborate on this too much at this time, but there are a few basics I would like to touch on.

Many vitamins and minerals have some antioxidant properties (i.e. Vitamin C, E, etc.) and are necessary for proper enzyme function. The first line of defense against free radical damage is the actual antioxidant enzymes.

The four most common and destructive free radicals are superoxides, hydroxyls, lipid peroxides, and hydrogen peroxide which generates other free radicals. . (No Charley you don't have to memorize these. Just know that these are the four main villains to guard against). The antioxidant enzymes that remove these free radicals are superoxide dismutase (SOD), methionine reductase, glutathione peroxidase, and catalase.

While sources of the individual antioxidant nutrients are readily available as supplements, reliable sources of these whole enzymes have been limited in their ability to supply bio-available enzyme activity with a high enough potency to be effective. Fresh wheat sprouts are a widely recognized source of these enzymes but other than consuming several pounds at a time how can we get the potency we need to be effective? Fortunately the supplement AOX/PLX provides us with an answer.

I was a little skeptical with the claim that these "antioxidant enzyme products contain over a quart of sprouts in each tablet" and still retains most of the original active ingredients of the living sprout. I asked the manufacturer about their processing methods and how this could be true. Here is what I found out.

Firstly they do use organically grown wheat sprouts but it goes further then that. Through extensive research they determined that the active enzymes they were concerned with were greatly influenced by not only the temperature used in the growth stage, but also by the humidity, lighting and much to my surprise, by sound!

- Temperature: Sprouting is carried out between a temperature of 37 and 38.6 degrees centigrade. Each decimal degree of variation affects the mineral and catalase content of the sprout. Sudden cooling of the day old sprout to 3.5 centigrade—that is, maintaining the sprout during 24 hours at a temperature a little above freezing—activates the resistance and immune response of the plant, endowing its cells with a rich combination of immune enhancing components.
- Humidity: the variation of humidity during sprouting, associated to suitable temperatures yields a variety of peroxidase enhancing factors.
- Lighting: The biochemical environment of the germinating plant can be remarkably influenced by varying the intensity (measured in watts) luminescence (expressed in Kelvins) and cycles (light/darkness rhythms).
- Sound: (Acoustic Pressure) Germinating plant-cells are extremely sensitive to acoustic pressure. They will respond extraordinarily to all variations of sound. Loudness (physical pressure measured in decibels), melody (sonic vibrations expressed in both discrete and recurrent frequency phrases) rhythm (manifest in discernible, recurrent pattern). These three features of acoustic pressure determine the synthesis of superoxide dismutase and the assimilation of the trace element molybdenum in the sprout cell.

(Obviously, growing sprouts of high value is a little more complicated than throwing some seed in the ground, shining a flashlight on them and humming a tune while they grow.)

By always using a pre-programmed schedule of variables, they are able to grow a consistent end product. When the sprouts are harvested they are immediately put through a specially filtered dehydration process that has a secondary vacuum humidity trap under the sprout mats that captures the juices from the sprouts.

The dehydrated sprouts are ground and compressed into tablets. The juices are concentrated and used for the enteric coating of the tablets. Thus, through a totally controlled manipulative method of growing and processing, AOX/PLX is able to provide us with all four of the antioxidant enzymes utilized as front line defense for the most common free radicals.

Our whole family has been using this supplement for a few years now and from a practical point of view it provides us with more energy, better mental clarity and more stamina. Others have reported diminished joint pain, reduced allergic reaction to environmental pollution, etc. With the reduction in free radical damage, the immune system does not have to work as hard on the repair process and is freer to combat infections.

There is a considerable amount of new research that indicates that high levels of SOD correlates directly to longevity. Check back with me in about 50 or 60 years and I will let you know if AOX/PLX worked this way for me.

Weighing The Risks

In today's modern society all of us face risks on a daily basis and hardly pause in our decisions to handle them. Some risks we can control to a certain degree and we take the appropriate action to safeguard ourselves and our family from these. Other risks are way outside of our ability to exercise control and we must trust that others are looking after us and taking appropriate precautions. But there is a third kind of risk that is the most insidious of all. That is the risk that we are not aware of.

Our animals place complete trust in our judgment of what is best for them. They are simply in no position to make their own decisions.

For the uniformed, there is no awareness of the risks involved in feeding commercial pet food, giving them chlorinated water or worst of all vaccinating on an annual basis. They have been mislead by "others" in whom they have placed their trust. Even though they have the control of the risk factor they cannot exercise the appropriate action if they are not aware of the risks involved.

If we are truly living in the "information age" one would think the risk of ignorance would diminish and eventually disappear. Over the years we have published a great deal of information in an attempt to remove the veil of ignorance. Much of this is now on our web site for all to see.

Now it is your turn to "risk" the disbelief of the uninformed and steer them towards the knowledge to help their animals. Have the courage to pass along the information that you have learned so that they may at least "weigh the risks" that they were not aware of.

Twelve Remedies To Always Have On Hand

All of us are subject to a variety of unexpected minor health problems for both our animals and ourselves. I don't know how many times I have received a phone call from an anxious owner saying "my dog has diarrhea", or "has been stung by a bee and is swelling up" etc., etc. Many times a simple remedy has to be shipped 'next day air' and the cost of shipping will exceed the cost of the remedy.

As most of you know, there is an abundance of remedies to choose from. There are a few, however, that I simply would never be without.

- **Traumeel**: This is one of the most versatile homeopathic remedies that you will find. It comes in both a liquid form for internal use and as an ointment for external use. It has been used in hospitals and private practice for over 30 years as a broad-spectrum anti-inflammatory agent. It is also one of the few homeopathic remedies that has been proven to be effective in triple blind studies done in Europe.

  The liquid form can be used for injuries of all kinds; post operative and post traumatic edema and swelling of the soft tissues; inflammatory processes; arthritic pain; inter vertebral disk pain; stiffness or sore muscles from over exercise; reduction of swelling from bumps and bruises; a great aid to assist healing from cuts and abrasions.

  The ointment is for external use only. It can be used for abscesses; arthritis; dermatitis' interdigital eczema in dogs; mastitis; skin disease; wounds, cuts, abrasions; and is a good healing aid for hot spots.

  It has no interactions with other medications and thus can be used together with any other holistic or conventional protocol.

  I have a three year old nephew that in typical little boy fashion, has his share of falls, collisions, and other minor injuries. When this happens he will come crying to his mother for "Traumeel mommy, Traumeel". She applies some ointment, gives him a dropper full of the liquid and he rushes away to see what other mischief he can get into

- **Echinacea Compositum Forte:** This is one of the most powerful homeopathic remedies to have on hand to stimulate the body's immune system to fight infectious diseases. Around here, this is the first remedy I reach for whenever I feel a cold coming on or anything else that makes me feel out of sorts like something is trying to get at me.

  The name is a little misleading in that many think it is only a homeopathic form of echinacea. While this is one of its main ingredients, it also contains Aconitum napellus, Arnica montana, radix, Baptisia tinctoria, Rhus toxicodendron, Sanquinaria canadensis, Byronia alba, Eupatorium perfoliatum, Euphorbium officinarum, Gelsmium simpervirens, Mercurius corrosivus, Phytolacca decandra, Argentum nitricum, Arsenicum

album, Phosphorus, Pulsatila, Sulpher, Thuja occidentalis, Hepar sulphuris calcareum, Lachesis mutus, Zincum metallicum, Cortisone aceticum, Influenzinum, Staphylococcinum, Streptococcinum and Pyrogenium.

It only takes a minor glance at the ingredients to determine that several well-recognized specific homeopathic remedies have been combined in this product to make it much more effective than simple Echinacea. If I am sure that I am fighting a viral infection I also take **Engystol** along with the Echinacea comp.

I am never without this remedy and always carry a bottle with me whenever I travel away from home.

- **Blue Heron:** This is a wonderful herbal combination that works quickly to aid in stopping common diarrhea. It contains Psyllium; Bentonite clay; Fenegreek; Slippery Elm and Marshmallow. It soothes and absorbs impurities out of the gut. When used with **Echinacea comp**. and the homeopathic **Diarrhea,** we get outstanding results.

- **Apis Homaccord:** This is a very important remedy for any insect stings. It's a good example of the principal of 'harmony chords' used in Homotoxicology. In this particular remedy we find that not only do we have several ingredients, but also that each ingredient is prepared in several potencies. For example, Apis mellifica is presented in 2x, 10x, 30x, 200x, and 1,000x potencies.

  It is also useful for inflammations and swelling of skin and mucus membranes. It is particularly useful to reduce an allergic swelling from an insect bite.

  A long time ago one of my Bassets was stung repeatedly inside the mouth by Black Hornets and went into anaphylactic shock. Fortunately I saw him collapse in the field, grabbed for my Apis Hommacord, dosed him immediately and rushed him to the vet. I continued to dose him every five minutes and by the time I got him there he was fine.

  It can be used in conjunction with **Ledum 1 m.** for stings.

- **"Special Stomach Remedy":** Anyone that has owned dogs for several years has experienced the occasional bout of nausea, gas, bloat, etc. Long ago I developed a special combination of Nux Vomica, Nux Moschata, Carboveg, Arsenicum, Stomach, and Diarrhea that I now keep on hand at all times. In this way I know that I can quickly reach for a single bottle that will look after most of these minor ailments. Of course if the symptoms persist I do take further steps but most of the time this seems to do the job.

- **Colloidal Silver:** This is a wonderful substitute for antibiotics that has proven effective throughout history. It's not that I think antibiotics should never be used but I believe they should be reserved as a last ditch "big gun" for bacterial infection. This product is sublingual to ensure delivery throughout the body. It can also be used topically to prevent infection from open wounds. (5)

It should <u>not</u> be used on a long-term basis. In the event that symptoms of infection persist, further steps should be taken to ensure the well being of your animal.

- **Prolive:** This is a high quality olive leaf extract. In the March/97 issue of our newsletter (Volume 2, Number 5) I wrote an article on this subject. Here is the last paragraph from that article-- "There is a long list of viruses, bacteria and parasitic protozoa's that the extract has been tested with and has proven to be effective. This gives us another strong natural tool to use in place of antibiotics and steroids. This is particularly useful in cases where there is a risk of chronic staph. infection or suppressed immune function."

- **Fear/Stress:** This is a wonderful combination of Bach Flower Essences and homeopathics. It Contains Aconite 30c; Aconite 200c; Borax 30c; Rescue Remedy; Mimulus; Aspen; and Rock Rose. (For those of you not familiar with the Bach Flower Essences you may want to review our article in Volume 1 Number 3).

  It's great for calming an animal down under a variety of stressful conditions without making them sluggish and dopey like drugs do. If necessary use it during a vet exam, for shows, travel, teeth cleaning or nail clipping. Many groomers find this remedy much more effective than "rescue remedy" by itself.

  Don't forget that holidays such as Christmas etc. can place an extra burden of stress on your animals with all the extra excitement going on. Also remember that stress lowers the immune system and can leave the body more open to infection.

- **Immuplex:** This is a pure, organic, nutritional glandular that is very effective for those animals needing a specific therapeutic boost to the immune system. It combines Thymus, Spleen, Liver and Bone along with other food source vitamins, minerals, zinc, selenium and B12. (For a more comprehensive explanation of glandulars see Volume 1, Number 9).
  It can be used for both acute and chronic viral infections; primary and secondary immune deficiency states and autoimmune conditions. This product not only helps to regulate the immune system, it also supports the organs of the body for the detoxification process.

  In addition to being a great product to have on hand for therapeutic purposes, we use Immuplex as a supplement for ourselves and my older animals as a precautionary support.

- **Allergy:** This is a handy homeopathic remedy to have on hand for temporary relief of symptoms due to allergic reactions. It contains Arnica montana, radix 6x; Ignatia amara 6x; Lycopodium clavatum 6x; Thuja occidentalis 6x; Lappa major 8x; Arsenicum album 8x; Formicum acidum 8x; Histaminum 8x; Ledum palustre 8x; Antimonium crudum 10x; Embryo bovinum 10x; Graphites 10x; Pix liquida 10x; Tellurium metallicum

10x; Selenium metallicum 12x; Sulphur 12x; Psorinum 15x.

For anyone that has not taken advantage of the NAET allergy elimination process to cure all the allergies, this remedy should be kept on hand to help relieve coughing, sneezing, skin rashes and itching, nasal catarrh, and difficult breathing.

- **Bao Xing:** This is a Chinese herbal formula that I learned about at the last Holistic vet. conference and mentioned briefly in Volume 3 number 5.

  It contains Viola Herba, Astragali Radix, Gentianae Macrophyllae Radix, Angelicae Dahyricae Radix, Foeniculi Fructus, Cnidil Fructus, Trichosanthis Radix, Lonicerae Flos, Sappan Lignum, Scutellariae Radix, and Zingberis Recens Rhizoma.

  Since using it for the last six months or so, it has become one of those "must have on hand" products that I would never be without. In case you missed it previously here is a brief description of its many uses.

  Bao Xing is primarily a pain killer that works faster and more powerfully than Ibuprofen in managing pain due to all causes including: headache, migraine, cold, flu, arthritis, gastritis, peptic ulcer, intestinal cramps, uterine and vaginal spasm, rheumatism, neuralgia, toothache etc. It replaces aspirin, Tylenol, etc. without any side effects.

  It is a powerful anti-inflammatory, powerful antibiotic, antibacterial, anti-amebic, anti-carcinogenic, non-anaphylactic, non-allergenic, powerful immune supporter, that is safe for all conditions, safe for any age group, safe at the extremely high dosage level, without any known or expected side-effects.

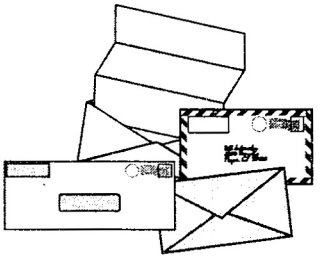
- **Fading Puppy Remedy:** Although this remedy will only be used by breeders, no list of "must have on hand" would be complete without it.

  I have mentioned this remedy many, many times over the years and yet it is still probably the most frequent remedy I have to ship out by next day air. At $19.50 a bottle it's still the cheapest insurance you can have on hand that could save the life of a puppy.

  It is also useful to give to any puppies after dewclaw removal or tail docking to allay trauma.

  Breeders that have used it for the bitch from the time of mating have found that it seems to improve the milk production and many have experienced that the puppies seem to be more robust and tend to be even in size.

MAILBOX



On several occasions I have been reminded that it is the "Doctor Within" that does the healing. All we can do is provide the right ammunition, and if the spirit is there, the body will respond and look after itself. From my archives here is a perfect example.

Hi Marina,

I just wanted to give you a little background on (Name of dog). He is an inimitable character. He turned 12 yesterday and is continuing strong. Considering that he ruptured the disk in his back 8 years ago, it is amazing he has survived so long with a quality life.

His own tenacity is a big part of the reason. Lhasas are a stubborn breed and he exemplifies that stubbornness. No one tells him what he can and cannot do.

When he ruptured the disk, the Neurosurgeon told me to put him to sleep, that there was no hope. He said that he had no deep pain sensation, yet he definitely had it when I left home to bring him there. Three residents examined him when he got there before the Neurosurgeon saw him. The first said, yes he has deep pain sensation. The second said, I'm pretty sure he has deep pain sensation. The third said, I'm not sure and the neurosurgeon said no.

What they didn't realize was that (dog) was getting tired of having his toes pinched and slowly stopped responding to them voluntarily out of boredom and stubbornness.

They told me it was a one in a million chance this dog would walk again and that surgery was pointless. I decided that at the age of 4, I couldn't put him to sleep without giving him the best care I could afford.

Twelve hours after surgery, he had feeling on his right side and 24 hours later he had feeling on the left. They still sent him home 5 days later with info on ordering a cart because they felt he would never walk.

In their opinion he had no bowel or bladder control. Yet, when I got him home the first thing he did was poop and pee IN HIS OWN BACKYARD!

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No one told him he couldn't walk, and after three week of intense physical therapy that included floating him twice a day and range of motion exercises and massage, HE WALKED! Ironically, the day before was the feastday of St. Francis of Assisi and he went for the blessing of the animals. I figured we could use all the help we could get.

He's been running ever since and God bless him, he still tries to mount the girls to breed. His gait is unconventional, but his tail wags every day and he has never even bared his teeth at me or anyone else due to pain or discomfort.

I know I made the right decision and that he is grateful. I hope I have his resolve in my old age, he is a fine example of what the power of positive thinking (his own) can accomplish! My vet is always amazed at his resilience.

With the current regimen that you suggested he is doing really well. He is walking and running better and seems more agile when getting up from a sitting or sleeping position, even after long periods.

I am so pleased and so happy to have him off the other drugs like Rimadyl. He has not had conventional therapy for his arthritis since he was injured 6 months ago by one of the other dogs and had to go on pred. and cage rest for 3 weeks. He was so bad I thought we might have to put him down, but I shouldn't have doubted him. He bounced back like the trooper he is.

Anyway, his bladder has been doing fine and the stuff I got from you has kept his urine clear all year without the use of antibiotics. Thank you for helping him to help . himself.

I love this story. It so typifies the courage and spirit that exists in our animal companions. It serves to remind us that if we give them the chance to be "the best that they can be", they will do the rest.

Dateline April 1999 Emmen, Netherlands

Thank God I found your web site! I'll show it to others.

I am a breeder of golden Retrievers since 1983, had dogs almost all my life, the first in 1959. I always gave and still give them fresh food. Not only because I don't trust manufactured food, but also because they like it so much more.

None of my dogs ever suffered from kidney or liver diseases and though they all have to work hard during hunting season and had litters (2 or 3 per bitch) they lived for a long time.

Half a year ago an old one died. He was over 15 years old and very healthy! He just didn't want to live anymore. After a walk he laid down in front of the stove and didn't eat or drink anymore. So I called the vet who checked him and agreed that no medication would help anymore because the dog decided that life had been long enough for him. He was still in perfect health and (for his age) condition. The vet put him to sleep because I didn't want to let him suffer.

My oldest now is 12 ½ years old, walks the same distance as the younger ones (1 to 2 hours per time, 2 times a day). She has worked a lot, had 3 litters and is still in super condition!

I think it is the food!!

I'm really pleased that our web site is reaching out to other parts of the world. It's nice to know that so many of us share the same opinion about raising our animals on a fresh food diet.

Dateline April, 1999 Illinois

Hi Marina,

Late November/early December I had contacted you regarding (name of dog) diagnosis along with a copy of her bloodwork. The basic information I received from the veterinary Ophthalmologist where the was diagnosed was: "A non-inflammatory corneal opacity (white to gray) present in one or more of the corneal layers; usually inherited and bilateral. The corneal changes in the Shetland Sheepdog are characterized grossly by multifocal, central, subepithelial and superficial stromal, gre-white, circular or irregular rings. Some affected animals develop corneal erosions. The preocular tear film in the majority of dogs is unstable and requires symptomatic therapy to keep the patients comfortable. Further studies are necessary to define this disorder".

When I asked about treatment, none was provided...that I should monitor the eye and have it rechecked in 6 months. When I asked about the cause, I was told that the reasons are vague, that it could be a collection of cholesterol or apparently irritation from inverted eye lashes (as this was checked). When I asked if the condition would improve or worsen, I was told that it can go either way or that there is the possibility that erosion could occur. When I asked if the vision was affected, I was told that to the dog it might appear as a speck would appear to us on our glasses.

You suggested the following: Once daily—1 Pure Liver, 1 Adrenal Complex. With each meal—1 Similase. Three x Daily (until 1 month after eyes stabilizes, then 1 to 2x daily)—1 Ocudyne.

It has been about 4 ½ months since I originally saw the deposit on her eye, and 3 ½ months after diagnosis, research, bloodwork and her supplement regime. HER EYE IS CLEARING! There is still some grayness but I now need to really look for it. I can't wait until it totally disappears and take her back for a checkup. It's been an anxious 5 months and I feel particularly happy that I spoke to you and that I continued with her training and agility competition. I thought you might appreciate a follow-up.

I'm always happy to receive a follow-up. It helps me to know

 how things are working in individual cases.

Rimadyl Risk—Be Aware

Rimadyl (Carprofen) is a non-steroidal anti-inflammatory drug (NSAID) manufactured by Pfizer Pharmaceuticals, intended for the relief of pain and inflammation in dogs. Since it's introduction in January 1997, it has become a favorite of veterinarians for use with osteoarthritis. It is also commonly prescribed in other situations such as post-operative pain. There is no doubt that it is an effective painkiller (more dramatic than aspirin) that has brought relief to many dogs.

There is however, a serious risk of side effects that you or your veterinarian may not be aware of. Some **dogs have died due to the unexpectedly rapid onset of side effects, and/or because the drug's side effects were not recognized by the attending veterinarian who did not take appropriate action!**

Over the last couple of years I have been hearing some real horror stories about this drug from breeders all over the country. These 'true life' stories are only anecdotal and in most cases the veterinarians involved were absolutely certain that Rimadyl simply couldn't be the causative factor. Here are some facts to consider that you may want to pass along to your veterinarian.

In the January/February 1999 "FDA Veterinarian" report, **Rimadyl ranks # 1 for Adverse Drug Experiences!!** It accounted for approximately 33% of all incidents reported for the year 1997 (they haven't compiled 1998 yet).

In its literature, Pfizer suggests (but does not say it is required) that veterinarians **pre-screen** a dog **before** prescribing Rimadyl and then to **re-test and closely monitor** the dog for possible toxic reactions at periodic intervals.

A baseline test should be done to determine whether your dog has existing liver or kidney disease. If a pre-existing condition exists, your vet definitely SHOULD NOT prescribe Rimadyl. However, baseline tests will not tell the vet whether your dog will experience toxicity to the drug once he starts taking it. **There is no way to predict an adverse drug reaction** if your dog's liver and kidney functions are normal. Thus close monitoring is essential whenever Rimadyl is used. Adverse reactions have been reported after a matter of hours and also after a period of months. In cases where dogs have had toxic reactions and recovered, continued monitoring over an extended period (perhaps as long as a year) may be advisable because the long-term effects of liver or other organ damage are not yet known.

Carprofen (the chemical name for Rimadyl) is **not recommended** for animals with known bleeding disorders and should not be used if a dog has pre-existing liver disease, inflammatory bowel disease or a known tendency towards gastrointestinal ulceration.

Rimadyl should **never be given** along with any other NSAID such as aspirin, or along with any corticosteroid hormones such as prednisone, prednisolone, or dexamethasone.

Before you decide to use Rimadyl, be aware of how it works. It acts by inhibiting "prostaglandins" that cause inflammation in injured or aging joints. However, prostaglandins are also necessary for normal body functions. When their production is stopped, normal body functions, such as those carried out in the digestive system, liver, and kidneys, are disturbed. Internal bleeding can occur in the gastrointestinal tract because the stomach lining becomes eroded or ulcerated. Blood flow to the liver can be decreased, causing toxins to build up in the body. The resulting hemorrhaging and/or toxicity can lead to death if not reversed in time. Unfortunately, although the drug supposedly is eliminated from the dog's system shortly after administration is stopped, by that time, irreversible damage may have been done.

After carefully weighing the risks, if you decide your dog may benefit from Rimadyl, tell your vet that you want to determine the lowest possible dosage that can be used to obtain relief. **Insist on baseline tests and continued monitoring of the relevant functions during the entire time your dog takes the drug.**

At home, as soon as your dog begins Rimadyl therapy and during the entire time he takes it, watch for the following symptoms, **all signs of potential life-threatening reactions to the drug:**

- Loss of appetite
- Refusal to drink
- Unusual pattern of urination, blood in the urine, sweet smelling urine, an overabundance of urine, urine accidents in the house
- Vomiting
- Diarrhea
- Black, tarry stool or flecks of blood in the vomit
- Lethargy, drowsiness, hyperactivity, restlessness, aggressiveness
- Staggering, stumbling, weakness or partial paralysis, full paralysis, seizures, dizziness, loss of balance

In the presence of any of these symptoms **IMMEDIATELY STOP** the drug and take your dog to the vet. The earlier you catch the problem, the better the chances of recovery.

If you think your dog is having a toxic reaction but your vet disagrees, call Pfizer right away (1-800-366-5288) for confirmation.

You should also watch for: panting or pacing; excessive shedding; hot spots; facial swelling or hives; any signs of jaundice such as yellowing of the whites of the eyes; or signs of internal bleeding such as white gums.

Please remember that your veterinarian may not have been alerted to the side effects of Rimadyl and the number and type of side effects that have been reported. Pfizer has not done a particularly good job in ensuring that vets are aware of the risks involved.

'Till next time, take care out there.